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EGG SANDWICH

Break two eggs in a small bowl, beat until they foam, add a sprinkle of salt, place a small frying pan, with one teaspoonful of butter, over the fire; as soon as melted pour in the eggs, stir until they thicken, then remove. Butter four thin slices of bread, cover two with the eggs, lay over the remaining two slices, trim them neatly and cut them slantingly in half, wrap each one separately in paper.

PREPARATIONS FOR SANDWICHES

Stir the yolks of two hard boiled eggs, with a tablespoonful of butter, to a cream, add one tablespoonful lemon juice, twelve fillets of canned salmon, anchovies, mashed fine, one tablespoonful capers, the fine chopped white of a boiled egg, one-quarter teaspoonful pepper, one teaspoonful grated onion, one teaspoonful English mustard, two tablespoonfuls fine chopped pickles, one pound fine, mixed boiled beef tongue; mix all well together. Spread one tablespoonful of this preparation over a thin slice of bread, cover with another slice, then cut the sandwiches in half, diagonally; next wrap each sandwich separately in wax paper.

This sandwich preparation may be put into small jars, covered tightly, and if kept in a cool place will keep for some time.

NUT

Shell one-half pint peanuts and roll them fine with a rolling pin. Stir the yolk of one hard boiled egg to a cream, with one-half tablespoonful of butter; add one teaspoonful French mixed mustard (which can be bought in small glass bottles), one-quarter teaspoonful salt, one tablespoonful lemon juice, one-half tablespoonful of unsweetened condensed milk, one-half cupful of fine chopped red apple, the fine chopped white of an egg and the nuts. Put one tablespoonful of this mixture between two thin slices of bread, cut them even all around, then slantingly into three pieces.

BISCUIT

The biscuits can be baked the day before they are to be used. Sift two cups of flour, with one heaping teaspoonful of baking powder, add one teaspoonful of butter, one-half teaspoonful of salt and one teaspoonful of sugar; rub the butter fine in the flour; mix three-fourths cup of milk with one egg, add it to the flour, mix with a knife into a dough, turn it out onto a floured board, give it a few turns with a knife to smooth the top, then roll out a finger thick, cut it into rounds with a biscuit cutter, set them in a buttered pan a half inch apart, brush over with melted butter and bake in a quick oven till done. When done, set them in a cool place till the next day. Chop fine some cold boiled beef tongue, add to one cupful chopped tongue one-half tablespoonful butter and one teaspoonful French mustard. Split the biscuits, cover one side with one teaspoonful of the tongue mixture.

AIN LUNCHES FOR CHILDREN.

asy to Put Up and Nourishing During School Work.

By Gesine Lemcke.

CHILDREN that cannot go home for their noonday meal should be provided with a suitable lunch to take with them to school. The custom to give children five or ten cents to buy their lunch is a great mistake, for they generally spend it in pickles, pie or candy, or in articles which contain not the least nutriment and which more often upset their organs of digestion. It is impossible for a child to obtain benefit from his studies unless he receives the right kind of nutriment. In study the brain is taxed to its utmost, and if the food is not equal to the child's health is undermined.

1. Small chicken sandwiches, a piece of cake, an apple.
2. Biscuit sandwiches, a bunch of grapes, one cream cake.
3. Egg sandwiches, a banana, a slice of ginger bread.
4. Tongue sandwiches, an orange, three or four cookies.
5. Buttered brown and white bread, one boiled ham, a piece of cake, an apple.
6. Nut sandwich, a piece of raisin bread, one banana.
7. Cheese and egg sandwich, fruit crackers, one orange.

Beat two eggs in a bowl two minutes, add two tablespoonfuls of milk, one-eighth tablespoonful of salt, a sprinkle of white pepper; melt one-half tablespoonful of butter in a small frying pan, pour in the eggs; stir until they begin to thicken, then sprinkle over one tablespoonful of freshly grated crumbs and two tablespoonfuls of cheese; stir a few minutes longer, remove and put one table-

BEST WAY TO ROAST A DUCK.

It is the first season in many a year that game is so plentiful and inexpensive. But it is not so easy to cook and serve wild birds at home as the average woman. Home cooking is a labor that one never finds in restaurant.

But, that Prince of bon vivants, used to the only sort of game as a boy to cook, and says a Frenchman can cook game as a taught boy by an American. But, always hear one thing in mind— "the best sauce for game," and in add any seasoning or condiment that will give a real flavor of a wild delicious wild duck in all the world, and there is no bird over which such discussion or about the cooking of are so many different opinions.

But, never the bird is bagged, it must be cooked properly to retain its flavor.

Walter P. Leland says: "Roast a canvasback duck twelve minutes in a very hot oven, if it is to be eaten by a man, and fourteen minutes if for a woman, as women never like rare game." But, adds Mr. Leland, "If you have the best duck, the best cook and the best oven in the world, and have a poor waiter, your duck is spoiled, for a canvasback duck must be served immediately it is roasted, and even the delay of putting it in a duck press injures its flavor."

Buy a pair of canvasback ducks of a reliable dealer and have them plucked at home. Cut off the top of the wings, leaving the feathers on, as they are pretty as ornaments. Leave the feet on and the head with the skin on the back of the neck from the edge of the feathers left on the body. Carefully draw out or punch through this incision, as well as all others to the breast. Make an incision above and carefully draw out the gizzard, heart, entrails. If the duck smells the least gamey cut with cold water; if not, wipe it outside with a damp cloth.

Shave the neck and head in the cavity made by removing the crop, so that only the bill sticks out. Put the ducks in a dripping pan; stand them in a hot oven and roast from sixteen to twenty-five minutes, according to the taste of the eater. Unruss with a sprig of salt and pepper; serve on a platter, with a border of fried hominy cut in shapes. Current jelly should accompany the canvasback duck, and a glass of good wine.

JULE DE RUYTER.

HEALTH AND THE HOME.

NO. 1.

"Ventilation."

By Dr. Grace Peckham Murray.

IT IS unfortunate that one must select the dwelling place not according to one's desire, but according to one's purse. However, when the purse is not long it can be made longer by the patience and dexterity of the owner. In the selection of an apartment you can do much by persistent search to find that which is most desirable.

Light and air are the great requisites for health. These are most certain to be found in a flat that is built upon a corner and far away from the older and more thickly settled portions of the city.

If the corner flat, with the light rooms all around it, cannot be obtained, take the apartment which has the most light in the airshaft, and, above all, take the apartment highest from the ground. To be sure, you will have the stairs to climb, but it is wonderful how

much a habit the dislike for climbing stairs is, and how little one minds the climb after a time. It is perhaps a test upon the endurance and friendship of relatives and acquaintances, but for you and your family it is much more healthful than being nearer the earth. To live at the top of some of these high buildings is like dwelling on a lofty hilltop.

There is a popular dread of stairs. The use of elevators has tended to lessen the powers in the matter of stair climbing. One would not recommend going up stairs to elderly, feeble persons or to those who have serious valvular trouble of the heart, but it is a stimulant to the heart's action in some cases and sends the blood coursing through the body to the far away corners that need the nutrition. The quickened action of the breathing apparatus fills and expands the lungs, driving out the air that has accumulated and has become impure in them. So do not dread stairs too much.

You may have all the light and air imaginable outside the apartment, and still there may be a awful lack of it within. If windows are kept tightly closed the odors of cooking and ill-dressed garments and foul air breathed over and over again may fill the place. Never forget that the greatest of all disinfectants is the outside air blowing through the flat, and accompanied with all the sunlight possible. The average flat of a New York apartment is the result of an architect's nightmare. It is almost impossible to sweep all the rooms with a breeze, but this should be attempted whenever possible. The wind should be watched, and when it is favorable to the airing of particular rooms give them the advantage of it. Air every crack and corner that you can at night before going to bed, and again in the morning when the rooms are put to rights.

The matter of heat will not have to be taken into consideration where the flat is steam heated; but if the occupant provides wood and coal and desires to economize, then he should bear in mind that if it means the stinting of ventilation it is paying for fuel thus saved with his own lungs and with his heart's best blood.

If your flat has dark rooms, which depend upon an airshaft for ventilation, you must be vigilant to see

Best Things To Buy.

This has been an unusually favorable season for the game, and the result is a well stocked market at reasonable prices. Fine, plump partridges are selling at a dollar a pair, when last year at this time they brought \$1.50 a pair, and were poor at that. Prairie chickens, or grouse, as they are called in the East, are selling at \$1.25 a pair, which is 75 cents less than they usually are at this season. Fine quail are \$2.50 a dozen. Canvasback ducks are \$4 a pair, while last Winter they never sold less than \$5 a pair. Mallard and red head ducks are plentiful and fine, and very reasonable in price, selling at the best markets from \$2 to \$2.50 a pair. Dealers say they will be much less before the end of the week.

There are wild pigeons, plover, woodcock, English and American hares in plenty at reasonable prices, and occasionally one sees a wild turkey, but this is "rare avis" and costs a lot of money. There are plenty of wild turkeys in North Carolina and Kentucky, but some way we never get them in New York.

Beef is prime, and will continue in abundance and fine condition up to the Easter holidays. While beef that is good is never cheap, it is really the cheapest meat to buy, for there is never a particle of waste to it, and it is so nourishing that a pound of it is worth three pounds of any other meat, except mutton. Prime roasts are selling at 18 cents a pound for the first cuts and 16 cents a pound for second and third cuts. Fine short cuts, or, as they are commonly called, Delmonico steaks, are 20 cents a pound; sirloin steaks, 22 to 25 cents a pound; round steaks, 16 cents a pound; cuts from the round in bulk for beef a la mode or pot roasts sell at 14 cents a pound.

Mutton is better than it was last week, and braces of English chops and saddles are about the thing just now for dinner. There are very few market men in New York who know how to prepare braces of chops English style, but when done properly there is nothing finer. Saddles of mutton are selling at 18 cents a pound, braces of chops at 22 cents a pound, less of mutton for boiling or roasting are 14 cents a pound.

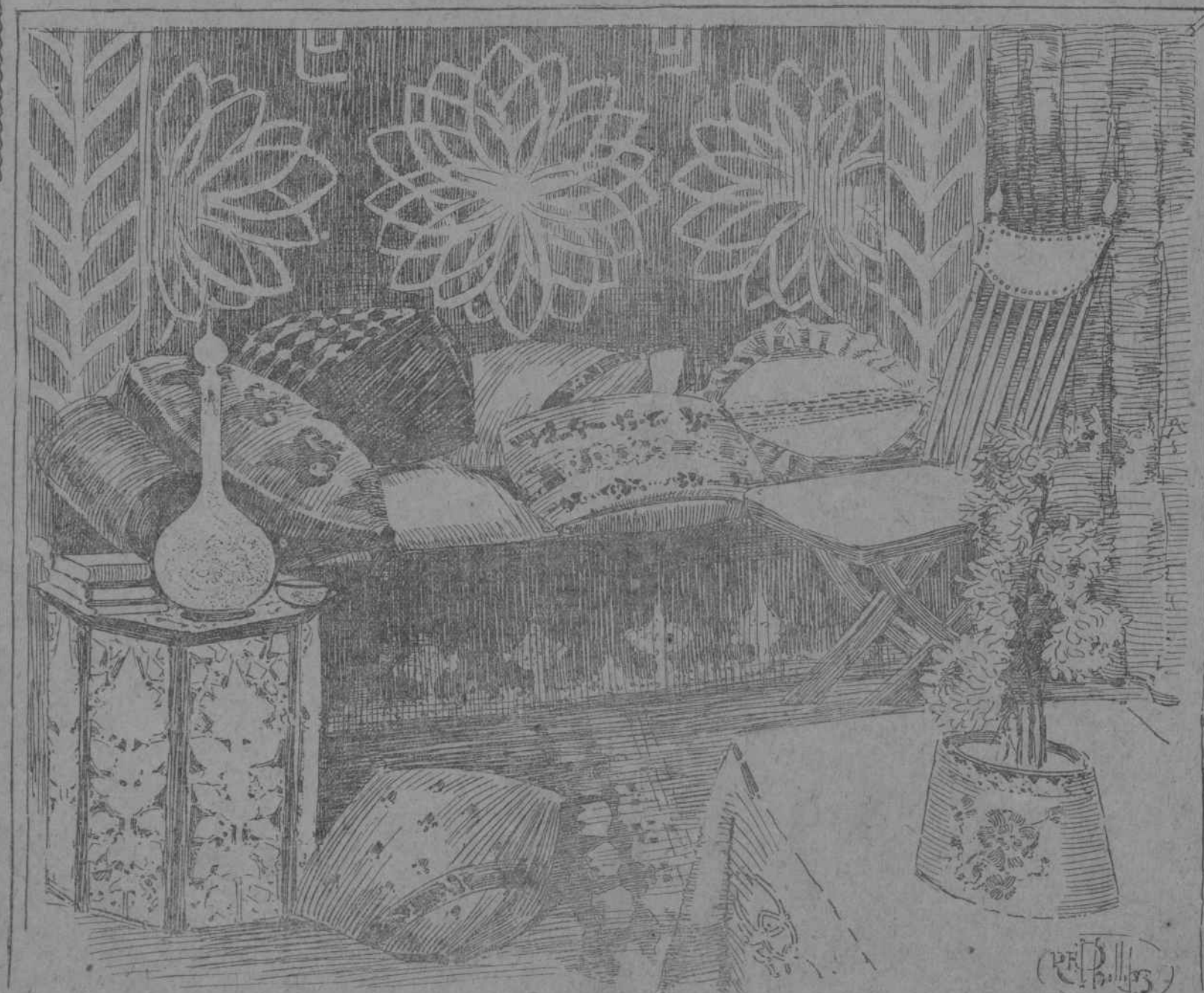
From now up to March fresh pork will be reasonable, and one of the acceptable dishes when properly cooked. Loin of pork with the crackle on sells for 14 cents a pound; leg of fresh pork with crackle on for roasting sells at 12 cents a pound. Pigs' feet are 4 cents a piece for the front feet, which are the best, and 3 cents each for the hind feet. Fine smoked bacon and well cured hams are 16 cents a pound in the bulk, and from 18 to 20 cents a pound sliced. Philadelphia scrapple is growing in popularity with New Yorkers and sells at 12 cents a pound. Smoked beef tongues are from 16 to 18 cents a pound.

Vegetables fresh and delicious of all sorts from the South are abundant, but a little higher in price than last week, owing to the continued cold weather and the great demand. Oranges are coming in finer from California and Texas and pineapples are more abundant, but with these exceptions there is no particular change in the fruit market from last week.

All salt water fish are abundant and reasonable in price. The cold weather has practically shut off the supply of fresh water fish from the upper lakes and streams. Live codfish may be bought in Central Market every day and boiled with cream sauce, egg sauce or oyster sauce, they are delicious.

Poultry is a little lower in price than last week, and in much better condition. Cold weather is the best for domestic birds of all sorts.

Fresh mushrooms are the most expensive delicacy in market at present, being as high as \$1.25 a pound.



CORNER OF A SIXTY DOLLAR EAST INDIAN ROOM.

An East Indian room, say about 12x20 feet, can be made strikingly pretty for \$60 if the money is expended in the following judicious manner:

Stain the floor some dark color, and then spend \$15 on one good size or two smaller rugs. It is even possible to get genuine antique rugs in rich vegetable dyes for this price by careful and patient shopping. Run a divan, made of two narrow coats, across one end of the room, cover with cotton flannelette curtains embroidered with silk, which will cost about \$7 apiece. Window seats of old shoes boxes or a single plank

of pine are made soft with cotton batting and covered with India grass cloth. One strip four yards long at \$1 will do the window and part of the pillows for the divan.

A Madras curtain, also cotton embroidered with silk, set with squares of looking glass, which glitter in the sunlight, will serve for the picture. It must be unlined to hang well.

Ray the tables at bargain time and \$10 will do the whole thing, sprays and all.

In Winter time a luxurious touch is added by partly

draping the walls. A cheap Pastur curtain in designs from the Koran in yellow and white and sparkling with mica is the most effective wall hanging. An excellent plan is to tack it smoothly on the wall back of the divan. If the ground work is dark this arrangement will add two or three feet to the length of the room, and if general air of richness. These curtains cost from \$5 to \$60, and the former is well worth buying.

Pictures, bric-a-brac, etc., naturally cannot be considered in so general an estimate.

that the currents of air are kept moving as they were intended. It often happens that instead of conducting the pure air of heaven, as originally designed, the airshaft is turned into a collector of the impure exhalations of all the neighboring apartments whose windows open upon it. It is also a collector of dust and dirt, which the neglectful janitor never removes. Insist upon a freshly cleaned and freshly painted airshaft into which the neighbors shall throw nothing, dust nothing, hang nothing, and, above all, be sure that it has the intended supply of outside air.

Man is an animal that cannot live without air. He may possibly drag along a pallid, weak, miserable existence without light. The healthy condition depends upon and is proportioned to the amount of light and air that he receives. As these are withheld or vitiated by so much are his powers decreased. And as his powers are decreased so much is his resistance to sickness like colds, pneumonia, fevers and contagion impaired.

WOMEN AND THE LAW.

NO. 1.

"House Renting."

By Stanleyetta Titus-Werner.

THE relationship of tenant and landlord, for there are no "landladies" in legal lore, is created by the hiring of real estate, whether it be land, houses or parts of a house, as a room or apartment.

If this relationship continues for less than a year a verbal arrangement is legal. If it is to continue more than a year it must be in writing, as in a lease. In all instances it is advisable for a woman, whether landlord or tenant, to record such a lease in the Register's office. By thus making public the lease she is protected against subsequent purchasers of the property.

Here are some points for every woman with an income and interested in real estate to copy in her note book:

The essentials of every lease are: First—A landlord, or, to be very legal, a lessor, and a tenant, or lessee. Both must be in a position to keep their contract.

The second essential is a description of the property to be leased, as, for instance, "The store at No. 415 Broadway."

Third—A statement of the length of proposed lease, as, "For a term of four years."

Fourth—A statement of the time at which the lease is to begin, as, "Dating from February 1, 1892."

Fifth—The covenants, which are usually as follows: "To pay rent, to make all repairs, to pay water tax, to obey all orders of the Board of Health, not to assign the lease to another or to sublet premises in whole or part without consent of landlord in writing." etc.

Leases are usually printed and a woman who intends to rent property, however much or little, should read carefully the lease presented for her signature. Any covenant or clause to which she objects she should have stricken out, and she should have inserted any new and desirable agreements before she subscribes her name to the lease.

The lease to be valid must bear the name of both landlord and tenant. In place of the landlord's signature that of the lawful agent may be substituted. When, however, the signature of the agent is used it should be in the name of the landlord, as, "Jane Smith by Mary Jones, agent."

A lease holds good until the end of the time agreed upon unless the tenant falls in her agreements. The following conditions will render a lease invalid: Failure to pay rent; using the premises for any illegal trade, manufacture or nuisance; or, in fact, breaking any of the promises made in the signed contract. If the landlord knowingly rents a property for illegal business his, or rather her, liability is as great as that of the tenant.

An important legal fact, which is not generally known by either men or women, is that, by a statute in New York all leases and agreement to occupy real estate in either New York or Brooklyn, if the lease does not especially state how long the property is to be occupied, shall hold and be valid until the first day of May following the date of the agreement. Hence a woman renting a flat say in this month, without especially stating to her landlord that she only rents by the month, binds herself to pay the rent of said flat until the first of May, 1897. This is a fact for every woman with or without an income to jot in her note book.

There are also certain cases where a tenant need not pay her rent, namely: Where the building is destroyed or has been injured by the elements or by any cause so that it becomes untenable; that is, in all instances where the tenant was not at fault. On the other hand, the tenant may be ejected from a property when any of the agreements in the lease have been broken, or when the lease has expired and the property has not been surrendered. The landlord may gain possession of the premises by bringing a suit in court against the tenant. Such proceedings are known as "Summary Proceedings," and are confined to the district courts.

The question of "giving notice," simple as it is, is one that provokes many discussions and difficulties between landlords and tenants. The laws governing this matter in this State are few and easy of comprehension. Where real estate in any form, whether house or flat, is leased definitely for one or more years, thirty days' notice is due the tenant from the landlord or the landlord from the tenant.

The law is that all rents shall be paid in advance and that the thirty days' notice shall be given by either party at the time of payment of rent. If a house or flat or room is rented definitely for the month only, no notice is required if the change takes place at the end of the month; but if the landlord wishes to get a tenant after the rent is paid at the beginning of the month ten days' notice is required. The same notice is due the landlord if the tenant should desire to leave after the beginning of a new month. Again, where any real estate is rented only by the month it is expected that notice will be given the landlord as to the intentions of the tenant before the end of the month, as otherwise the property is considered vacant on the last day of the month.

Clear starching is accomplished in this way to the best advantage: Wash the articles in three waters, dry them and dip them in a thick starch previously strained through muslin. Squeeze them, shake them gently and again hang them up to dry. When dry dip them twice or thrice in clear water, squeeze them, spread them on a linen cloth, roll them up in it and let them lie an hour before ironing them. A small piece of white wax added to the starch prevents the iron from sticking and gives a glossy surface to the material.